

No Macaroni Salad
6 servings, 6 carbs

- 1 medium, Tomato
- 2 ounce, Ham
- 5 oz(s), Extra Sharp Cheddar
- 1 regular, English cucumber
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- 2/3 cup, Mayonnaise
- 0.50 large, Onion
- 0.50 head, medium (6" dia), Iceberg lettuce

Add onion, garlic powder, seasoning salt, to taste,